



Case Study	Ms K, age 47
Hub	Women's Programme
Offense	Drugs

Ms K had already completed Victim Awareness and Thinking Skills, fully engaging in both and absorbing the information discussed and the techniques learned. The effort she put in to her own self-development and her own acknowledgement that she needed to re-educate herself in areas led us to suggesting the Women's Programme to her.

I believe this hub gathered everything that she had learned and supported her to continue to apply them to her life in Prison and her preparation for ultimate release.

As an example, whilst involved in the Women's Programme, Ms K was given disappointing news concerning a work opportunity; I was present when this information was passed to her. Although extremely upset, she went to her Mind Map which she had been working on as part of Goal Setting. She revised her steps which included congratulating her fellow prisoner for gaining employment. In a very short time afterwards, she achieved her goal. On reflection, the initial disappointment had revealed many more positive traits in herself, such as resilience and determination, which she may not have noticed had everything 'gone to plan'.

This Hub evidenced that Ms K is working in the right direction for self-improvement and rehabilitation.